



# April Pop-Up

## Tread and Shred with Susan

REGISTRATION  
IS REQUIRED.  
COMPLIMENTARY  
TO MEMBERS.

### All levels high intensity training workout.

Tread and Shred is a one hour, all levels high intensity training workout. We combine treadmills plus a variety of equipment on the floor for a full body workout every class.

#### Date and Time

Thursday April 25,  
10:30 am

#### Location

Meet at the fitness desk.

Max capacity of eight people.

**Registration is required for this class.  
For more information, please call  
847.535.7060 or visit the Member  
Services Desk.**

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Lake Forest Health & Fitness Center  
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Lake Forest, Illinois 60045  
847.535.7064

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